10

What is claimed is:

- 1. An extensible handle, comprising:
- a first elongated member having two ends, the first end positioned to

 engage a device to be operated, the first elongated member further comprising an

 expanded portion of increased width and a narrow portion of reduced width

 relative to the expanded portion; and
 - a hollow second elongated member having two ends, the second elongated member positioned to receive the first elongated member, the second elongated member further including a restricting means.
 - 2. The handle of claim 1 wherein the restricting means has a width that is narrower than the width of the expanded portion of the first elongated member.
- The handle of claim 1 wherein the restricting means restricts the expanded portion of the first elongated member from fully passing through both ends of the second elongated member.
- 4. The handle of claim 1 wherein at least one of the first elongated member and the second elongated member is comprised of at least one of metal, a composite material, a resilient plastic, and wood.

- 5. The handle of claim 1 wherein activation of the handle by a user activates a jacking device or dolly.
- 6. The handle of claim 1 wherein the first elongated member further includes at least one first locking means.
 - 7. The handle of claim 6 wherein at least one of the first locking means comprises a receptacle sized and positioned to securely receive a pin.
- 10 8. The handle of claim 7 wherein the second elongated member further includes a second locking means positioned to receive the pin and prevent at least one of extension and retraction of the handle.
 - 9. An apparatus for moving an item comprising:
- a base;

5

- a supporting means positioned above the base;
- an arm having two ends, the arm positioned so that one end is pivotally related to the supporting member and the other end is pivotally related to the base;
- a lifting means; and
 - a handle comprising:
 - a first elongated member having two ends, the first end positioned

to be received by the apparatus, the second end having an expanded portion of an increased width; and

a second elongated member having two ends, the second elongated member being hollow and positioned to receive the first elongated member, the second elongated member further including a restricting means having a width that is narrower than the width of the expanded portion of the first elongated member.

- The apparatus of claim 9 wherein the restricting means restricts the
 expanded portion of the first elongated member from fully passing through the
 second elongated member.
 - 11. The apparatus of claim 9 wherein at least one of the first and the second elongated member is comprised of at least one of metal, a resilient plastic, a composite material, and wood.
 - 12. The apparatus of claim 9 wherein activation of the handle by a user activates the lifting means, which in turn activates the arm and vertically moves the supporting means.

20

15

5

13. The apparatus of claim 9 wherein the first elongated member further includes at least one first locking means.

15

- 14. The apparatus of claim 13 wherein at least one of the first locking means comprises a receptacle sized and positioned to securely receive a pin.
- 5 15. The apparatus of claim 14 wherein the second elongated member further includes a second locking means positioned to receive the pin and prevent at least one of extension and retraction of the handle.
 - 16. An extensible handle, comprising:
- a first elongated member having two ends, an expanded portion of increased width, and a narrow portion of reduced width relative to the expanded portion; and
 - a hollow second elongated member having two ends, the second elongated member positioned to telescopically receive the first elongated member and further including a means for restricting the expanded portion of the first elongated member from fully passing through both ends of the second elongated member.
- 17. The handle of claim 16 wherein the first elongated member further includes a means for restricting movement of the first elongated member on an axis relative to the second elongated member.

- 18. The handle of claim 16 wherein the handle further includes a means for preventing at least one of extension and retraction of the handle.
- The handle of claim 16 wherein the first elongated member further
 includes a means for securing the first elongated member to a device to be operated.
- 20. The handle of claim 16 wherein at least one of the first elongated member and the second elongated member is comprised of at least one of metal, a resilient
 plastic, and wood.